Healthy Eating Made Easy

GO, Slow & Whoa! Foods

Low-fat diets, no-carb diets, high-protein diets – there are all kinds of diets. But all diets are not healthy diets.

The Health Science Center at the University of Texas has made eating healthy easy by fitting all foods into three categories: 1) *Go*, 2) *Slow* and 3) Whoa! foods.

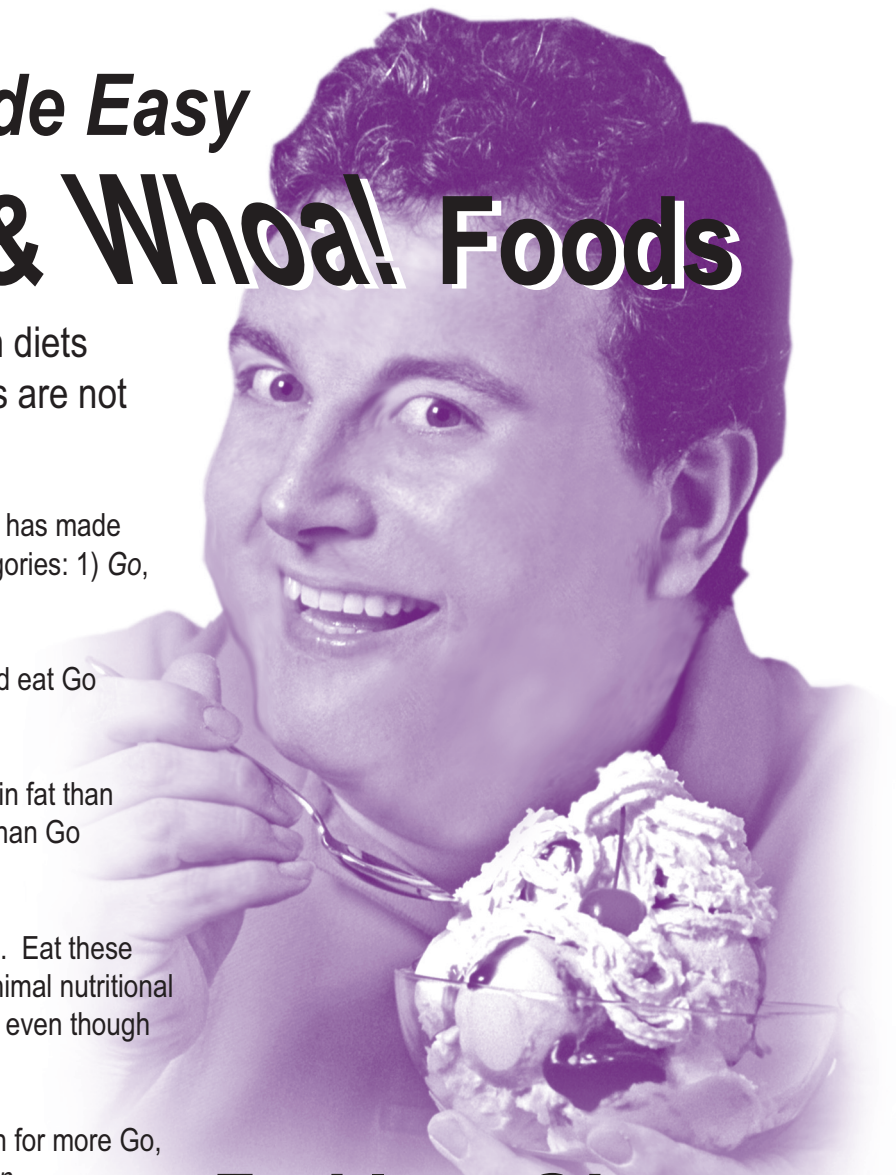
Go foods contain the lowest amount of fat. You should eat Go foods more often than Slow and Whoa! foods.

Slow foods are higher in fat than Go foods and lower in fat than Whoa! foods. You should eat Slow foods less often than Go foods and more often than Whoa! foods.

Whoa! foods are the highest in fat of the three groups. Eat these foods less often than Go or Slow foods. Foods of minimal nutritional value such as soda, gum and candy are Whoa! foods even though they do not contain any fat.

Check the chart below for examples. Be sure to watch for more Go, Slow and Whoa foods in the next issue of *Totally Teen*.

	GO Foods	*SLOW* Foods	WHOA! Foods
BREADS	bread, buns, rolls, bagels, pizza crust, tortillas, pita bread, French bread, waffles, pancakes	French toast, taco shells, muffins, cornbread, biscuits	croissants, doughnuts, sweet rolls
CEREALS	All hot and cold cereals except granola	Granola	
SNACKS	Air popped popcorn, pretzels, oven baked tortilla chips, rice and popcorn cakes	Popcorn with butter or margarine, taco chips	Chips



Tackling Obesity

If you're overweight and have a body mass index (BMI) of 30 or more, you may be eligible for a free 12-week Weight Watchers® class.

How do you determine your BMI? It's a math formula that measures the ratio of weight to height. A BMI of 30 or more is considered obese. Ask your primary care provider (PCP) what your BMI is.

Many medical problems can result from obesity - heart disease, type 2 diabetes, asthma and depression, to name a few.

See your local Weight Watchers for details about the class. TennCare will even provide a free ride to the class if you need one. The TennCare/Weight Watchers program is not open to pregnant women or enrollees diagnosed with eating disorders.

Are You at Risk for Chlamydia?

If you've ever had sex, you may be at risk for having a sexually transmitted disease (STD). It's possible to have an STD and not even know it. But just because you don't know it, doesn't mean it's harmless.

Chlamydia is one of the most common STDs. It's a bacteria you can catch by having sex (oral, vaginal or anal) with someone who is infected. The disease is seen most often among 15- to 24-year-olds. If you're younger than 25 and sexually active, you should be tested for chlamydia every year.

Chlamydia may have mild symptoms or none at all. Untreated chlamydia can make you sterile or unable to have children. The disease can be passed to babies during birth.

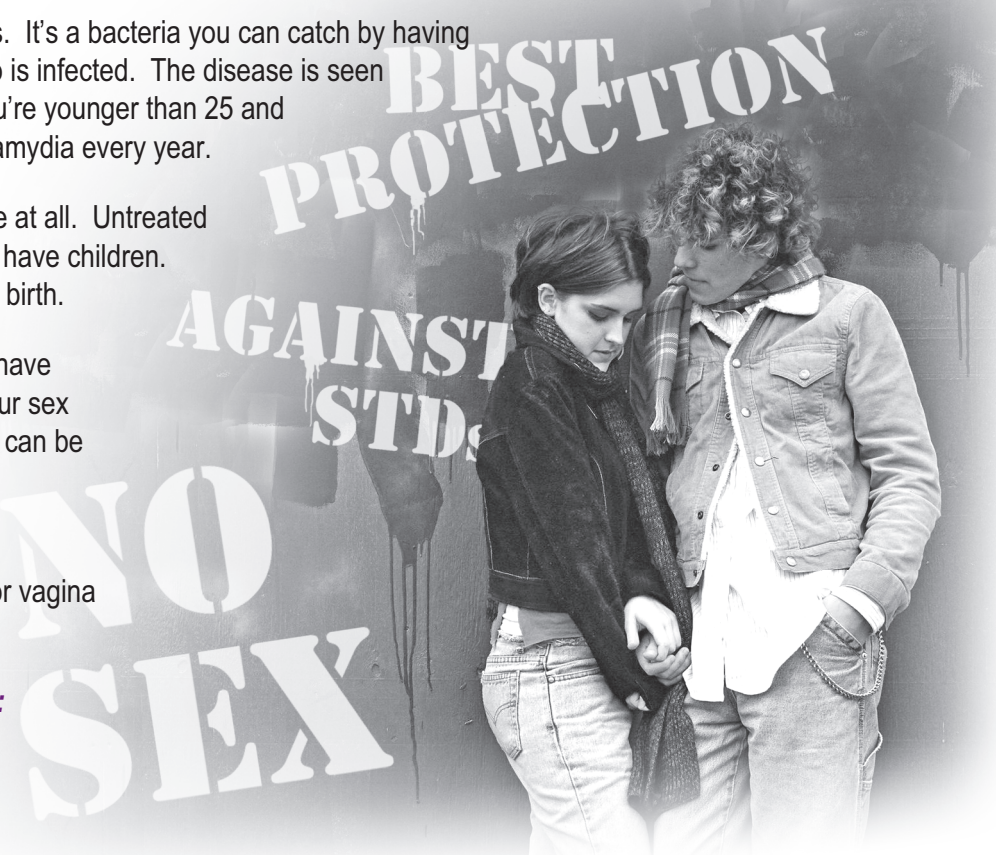
Chlamydia is treated with antibiotics. If you have a chlamydia infection, it's important to tell your sex partners that you have this infection, so they can be treated, too.

Symptoms may include:

- A slight discharge or drip from the penis or vagina
- Pain when urinating

For females, symptoms may also include:

- Irregular bleeding
- Pain during intercourse
- Lower stomach aches



PHP TENN CARE

Spring 2006

Assurance of Non-Discrimination: No one is treated in a different way because of race, color, birthplace, sex age or disability. Do you think you've been treated unfairly? Do you have questions? Do you need more help? You can make a free call to the Family Assistance Service Center at 866-311-4287. In Nashville, call 743-2000. *Totally Teen* is published by PHP TennCare. Editors: Eva Napier, Christy Newman and Beth Fisher. Send comments to: PHP TennCare, 1420 Centerpoint Boulevard, Knoxville, Tennessee 37932.

Oral Health Matters

Think Twice About Tongue Piercing

A fashion statement for some, tongue piercing is a possible life-threatening problem for others. Some dangers that it poses include:

- Hepatitis B
- HIV
- Tetanus
- Candida (a fungus)
- Blockage of the air way due to swelling of the tongue
- Prolonged bleeding if the large artery is punctured
- An allergic reaction to the metal

Even if your life isn't threatened, tongue piercing can cause . . .

- Loss of taste
- Increased salivation
- Problems with eating
- Fractures to the teeth
- Problems with speaking
- Injury to the gum tissue
- Scar tissue in the tongue
- Permanent nerve damage

The 411

For youths under 18 to get a piercing, Tennessee law (TCA 62-38-305) requires a parent's signature.

Shots for Teens

Take a shot at a healthy life by making sure you are current on your shots. Check out these shots for teens according to the Childhood and Adolescent Immunization Schedule.

- Tetanus, Diphtheria & Pertussis (Tdap adolescent preparation) if you are:
  - 11-12 years and have completed the DTP/DtaP series and have not received a tetanus and diphtheria toxoids (Td) booster
  - 13-18 years if you missed the age 11-12 booster
- A tetanus booster every 10 years.
- Meningococcal (MCV4) if you are 11-12 years old, entering high school or 15 years old, or entering college and plan to live in the dorm
- Varicella (chicken pox) if you have not had this disease and have not already been vaccinated.
- Hepatitis B, Measles, Mumps, Rubella (MMR) if you have not had these shots; you can catch up between ages 11 to 18.

TENNder CARE

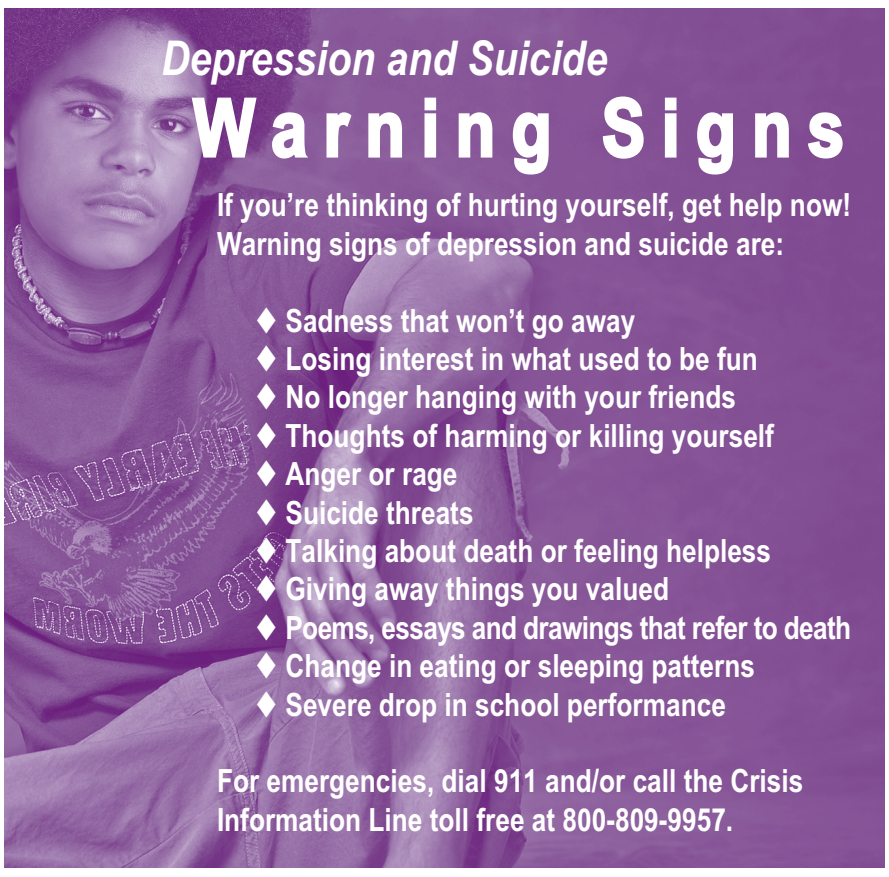
True or False?

I can't go to my yearly checkup because I don't have a ride.

False. If you do not have a way to get to the doctor, TennCare will see that you have a ride. It's free!

Need help finding a dentist?

Call Doral Dental Customer Service Toll Free 888-233-5935



Depression and Suicide

Warning Signs

If you're thinking of hurting yourself, get help now! Warning signs of depression and suicide are:

- **Sadness that won't go away**
- **Losing interest in what used to be fun**
- **No longer hanging with your friends**
- **Thoughts of harming or killing yourself**
- **Anger or rage**
- **Suicide threats**
- **Talking about death or feeling helpless**
- **Giving away things you valued**
- **Poems, essays and drawings that refer to death**
- **Change in eating or sleeping patterns**
- **Severe drop in school performance**

For emergencies, dial 911 and/or call the Crisis Information Line toll free at 800-809-9957.

PHP TennCare
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Knoxville, Tennessee 37932

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Do you need . . .

Interpretation or translation services when you visit your doctor? Ask your doctor for details about these free services. You can also call PHP TennCare Customer Service or the TennCare Consumer Advocacy Program at 800-722-7474.

Transportation services to and from the doctor? Call PHP TennCare Customer Service.